



## *UNITED FEDERATION OF SPECIAL POLICE & SECURITY OFFICERS, INC.*

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This is from the respiratory therapist in New Jersey

Doctors are reporting they now understand the behavior of the COVID 19 virus due to autopsies that they have carried out. This virus is characterized by obstructing respiratory pathways with thick mucus that solidifies and blocks the airways and lungs. So they have discovered that in order to apply a medicine you have to open and unblock these airways so that the treatment can be used to take effect however all of this takes a number of days. Their recommendations for what you can do to safeguard yourself are ...

- 1) Drink lots of hot liquids - coffees, soups, teas, warm water. In addition take a sip of warm water every 20 minutes bc this keeps your mouth moist and washes any of the virus that's entered your mouth into your stomach where your gastric juices will neutralize it before it can get to the lungs.
- 2) Gargle with an antiseptic and warm water like vinegar or salt or lemon every day if possible
- 3) The virus attaches itself to hair and clothes. And detergent or soap kills it but you must take bath or shower when you get in from the street. Avoid sitting down in your home and go straight to the shower. If you cannot wash your clothes daily, hang them in sunlight which also helps to neutralize the virus
- 4) Wash metallic surfaces very carefully bc the virus can stay viable on these for up to 9 days. Take note and be vigilant about touching hand rails, door knobs, etc. and keep these clean in the home
- 5) Don't smoke
- 6) Wash your hands every 20 minutes with any soap that foams and do this for 20 seconds
- 7) Eat fruits and vegetables. Try to elevate your zinc levels
- 8) Animals do not spread the virus to people. Its a person to person transmission
- 10) If you feel any discomfort in your throat or a sore throat coming on, attack it immediately using the above methods.

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